

# Self Help and Peer Support Screen Reader Accessible Group Calendar May 2024

## Drop-In Group Schedule (see below Spark of Brilliance schedule and workshop descriptions for individual Self Help & Peer Support group descriptions)

CANCELLATIONS: Planned cancellations are noted below with the affected groups. In the event that we need to unexpectedly cancel a group session, we will post it to our Facebook page at [facebook.com/selfhelppeersupport](https://facebook.com/selfhelppeersupport). We will also change our Group Cancellation line message at 1-844-CMHA WW3 (1-844-264-2993) ext. 4004

### **Mondays NO GROUPS MAY 20**

#### Neurodivergent Peer Support Group

- 10:00am to 11:30am with Katie
- Virtual
- [bit.ly/4671jCD](https://bit.ly/4671jCD)
- (833) 819-8075 & ID: 226 479 919#

#### Chronic Pain & Mental Health Peer Support

- 1:00pm to 2:30pm with Cynthia and Allison
- Virtual
- [bit.ly/48KLT8L](https://bit.ly/48KLT8L)
- (833) 819-8075 & ID: 948 187 482#

#### NEW WEEKLY IN PERSON GROUP

##### Kitchener Knitting and Crochet Group with Hillary and Jen

- 1:30-3:00 pm
- 67 King St E.
- Email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)

##### Cambridge Intentional Living: Holistic Wellness for Mental Health

- 1:30pm to 3:00pm with Kass
- In Person
- 9 Wellington St., Cambridge

#### Dissecting BPD - **NEW GROUP**

- 1:30pm to 2:30pm with Denise
- Virtual
- [bit.ly/4aozskd](https://bit.ly/4aozskd)
- (833) 819-8075 & ID: 795 736 907#

#### Borderline Personality Disorder Peer Support - **RETURNING GROUP**

- 3:00pm to 4:00pm with Denise
- Virtual
- [bit.ly/4aozskd](https://bit.ly/4aozskd)
- (833) 819-8075 & ID: 795 736 907#

#### Cambridge Stay and Play

- 3:00pm to 4:30p with Kass and Michael
- In Person
- 9 Wellington St., Cambridge

#### Alternate Realities **NEW TIME**

- 1:30-2:30 pm with Katie
- Virtual
- [bit.ly/44J2w20](https://bit.ly/44J2w20)
- (833) 819-8075 & ID: 751 538 535#

#### Supporting the Supporter

- 6:00p to 7:30pm with Kass
- Virtual
- [bit.ly/3Lp5uSr](https://bit.ly/3Lp5uSr)
- (833) 819-8075 & ID: 635 398 705#

### **Tuesdays**

#### Cambridge Mind over Mood

- 9:30am to 11:00am with Denise
- In Person
- 9 Wellington St., Cambridge

#### Self-Esteem

- 10:30am to 12:00pm with Nancy
- Virtual
- [bit.ly/3RBhzX5](https://bit.ly/3RBhzX5)
- (833) 819-8075 & ID: 242 025 896#

#### Cambridge Walking Group

- 11:00am to 12:00pm with Michael & Denise
- In Person
- Meet outside office at 9 Wellington St., Cambridge

#### Kitchener Games Group

- 12:30pm to 2:30pm with Rob & John
- In person
- 67 King St E., Kitchener

#### I'm the Angry One

- 1:00pm to 2:30pm with Norm & Farah

- Virtual
- [bit.ly/48dm7u2](https://bit.ly/48dm7u2)
- (833) 819-8075 & ID: 106 756 019#

#### Cambridge Anxiety, Depression and Hope Peer Support

- 1:30pm to 3:00pm with Denise
- In Person
- 9 Wellington St., Cambridge

#### Kitchener Anxiety, Depression & Hope Peer Support

- 1:30pm to 3:30pm with Daniel & Katrina
- In person
- 67 King St E., Kitchener

#### Kitchener Open-Share

- 1:30pm to 3:00pm with Nancy
- In person
- 67 King St E., Kitchener

#### Buried in Treasures Peer Support

- 3:00pm to 4:30pm with Farah
- Virtual
- Email [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca) to join.

#### Anxiety Depression & Hope Peer Support

- 7:00pm to 8:30pm with Farah
- Virtual
- [bit.ly/3tVfv45](https://bit.ly/3tVfv45)
- (833) 819-8075 & ID: 459 153 651#

### Wednesdays

#### Cambridge Creative Connections **NEW GROUP**

- 9:30am to 11:00am with Denise and Jennifer
- In Person
- 9 Wellington St., Cambridge
- On May 15<sup>th</sup> we will be doing a registered workshop "Create a Journal Cover." Description found below. To register contact Denise at [dwatterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)

#### Kitchener Walking Group

- 11:30am to 12:30pm with Farah, Rob, & John
- In Person
- Speaker's Corner in front of 67 King Street E., Kitchener

#### Anxiety, Depression and Hope Peer Support

- 1:30pm to 3:30pm with Lawrence
- Virtual

- [bit.ly/3ROPixo](https://bit.ly/3ROPixo)
- (833) 819-8075 & ID: 835 740 815#

#### Gender Journeys

- 1:30pm to 2:30pm with Michael
- Virtual
- email [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca) for link

#### Kitchener Experiencing Disability HYBRID GROUP

- 1:30pm to 2:30pm with Richard
- Virtual and in person
- [bit.ly/4b5k64J](https://bit.ly/4b5k64J)
- (833) 819-8075 & ID: 549 867 027#
- 67 King St East, Kitchener

#### Kitchener Destressifying

- 3:00pm to 4:00pm with John
- In Person
- 67 King St E., Kitchener

#### Guelph Anxiety, Depression & Hope Peer Support

- 3:30pm to 4:30pm with Allison
- In Person
- 80 Waterloo Ave., Guelph

#### Afro Caribbean Black Mental Health Support Group

- 6:00pm to 7:30pm with Farah
- Virtual
- Email [flahenscmhaww.ca](mailto:flahenscmhaww.ca) to join.

#### Coping with a Missing Person

- 7:30pm to 8:30pm with Maureen & Cindy – NEW TIME
- Every other week MAY 8<sup>th</sup> & 22<sup>nd</sup>
- Email [missingpersons@rogers.com](mailto:missingpersons@rogers.com) to join.

#### NEW BIWEEKLY GROUP and PARTNERSHIP with Together: for Perinatal Mental Health

##### Perinatal Mental Health Peer Support Circle

- 7:30pm-8:30pm with Lisette & Laura
- Virtual
- Every other week (May 1, 15 and 29)
- Email Lisette at [info@togetherwaterloo.ca](mailto:info@togetherwaterloo.ca) for connection details

#### Thursdays

##### Self-Compassion

- 10:30am to 12:00pm with Nancy & Brenda
- Virtual

- [bit.ly/3RQ Tk8q](https://bit.ly/3RQ Tk8q)
- (833) 819-8075 & ID: 147 583 007#

#### Alienated Together - NEW GROUP

- 1:00pm to 2:30pm with Hillary & Denise -
- Virtual
- Email [dwatterson@cmhaww.ca](mailto:dwatterson@cmhaww.ca) to join.

#### Kitchener Bowling Group

- 1:00pm to 2:00pm with John & Rob
- In Person
- Victoria Bowl, 280 Victoria St S, Kitchener

#### Guelph Walk & Talk

- 1:30pm to 2:30pm with Tonya
- In Person
- Royal City Park (at the gazebo), Guelph

#### Anxiety Depression & Hope Peer Support

- 2:30pm to 3:30pm with Nicole and Nancy - RETURNING GROUP - NEW TIME
- Virtual
- [bit.ly/4b5nTPs](https://bit.ly/4b5nTPs)
- (833) 819-8075 & ID: 223 651 397#

#### Healing Journey Through Grief & Loss

- 2:30pm to 4:00pm with Farah & Gloria
- Virtual
- [bit.ly/3ZfIStk](https://bit.ly/3ZfIStk)
- (833) 819-8075 & ID: 457 730 624#

#### The Urge

- 6:30pm to 7:30pm with Hillary & Denise
- Virtual
- [bit.ly/3EAYDI6](https://bit.ly/3EAYDI6)
- (833) 819-8075 & 412 798 513#

#### Bipolar Disorder Peer Support Group

- 7:00pm to 9:00p with Maynard & Gloria
- Virtual
- [bit.ly/3tV1N1b](https://bit.ly/3tV1N1b)
- (833) 819-8075 & ID: 508 724 285#

#### Fridays

##### Guelph Qi Gong

- 9:30am to 10:30am with Lisa

- In Person
- 80 Waterloo Ave

#### The Connection Reflexion

- 10:00am to 11:30am with Denise and Tonya
- Virtual
- [bit.ly/47clhvg](https://bit.ly/47clhvg)
- (833) 819-8075 & ID: 708 523 029#

#### Guelph Self Compassion

- 10:30am to 11:45a with Amanda, Heather & Allison
- In Person
- 80 Waterloo Ave., Guelph

#### Boundaries & Assertiveness

- 11:30 am to 12:30pm with Farah **NEW TIME**
- Virtual
- [bit.ly/3MiFVTp](https://bit.ly/3MiFVTp)
- (833) 819-8075 & ID: 202 485 243#

#### Mental Health & Wellness Skills

- 1:00pm to 2:00pm with Colene
- Virtual
- [bit.ly/48En3H6](https://bit.ly/48En3H6)
- (833) 819-8075 & ID 213 570 692#

#### Abstinence Not Required Substance Use Support Group

- 3:00pm to 4:00pm with Farah
- Virtual
- [bit.ly/3SiNn4U](https://bit.ly/3SiNn4U)
- (833) 819-8075 & ID: 581 255 512#

#### Cambridge Meditation

- 3:00pm to 4:00pm with Kass
- In Person
- 9 Wellington St., Cambridge

## Enrolled Group schedule

### **Mondays - No Group May 20**

#### Virtual Mind Over Mood Peer Support

- @ 3:00p- 4:30p with Lawrence
- Runs for about 8 months.
- FULL
- (Next series Fall 2024)

## **Tuesdays**

No enrolled groups on Tuesdays

## **Wednesdays**

Virtual Peers for Safer Living

10-week group for those who have completed the 20 week group.

To join the next session email [skillsforsaferlivingteam@cmhaww.ca](mailto:skillsforsaferlivingteam@cmhaww.ca) or call 1-844-264-2993 ext. 4061.

Virtual Riding the Waves of Emotion

@ 2:00p –3:30p with Katrina & Nancy  
(16-week closed group)

CLOSED

Virtual Riding the Waves of Emotion – PART 2

@ 2:00p –3:30p with Katrina & Nancy

Beginning June 12<sup>th</sup> for 6 weeks

**REGISTRATION OPEN**

Email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)

## **Thursdays**

Virtual DBT Skills Peer Support Skills Refresher

(March 7 and 21) @ 1:00p – 2:30p with Lawrence

Requirement: Having attended a full series of DBT Skills Peer Support

Virtual DBT Skills Peer Support

@ 3:00p – 4:30p with Lawrence.

FULL until late 2024.

We are not keeping a waitlist. We will post on a future calendar if this changes.

## **Fridays**

Virtual DBT Skills Peer Support

@ 3:00p – 4:30p with Lawrence & Katrina.

FULL until late 2024.

We are not keeping a waitlist. We will post on a future calendar if this changes.

## **Spark of Brilliance groups**

To enroll in Spark of Brilliance, register for a workshop or be added to our monthly mailing list, email Marcey at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca). Spaces are available on a first come, first served basis and limited spaces are available for each workshop. Enrollment in Spark of Brilliance is required \*prior\* to registration. All supplies are provided at no cost to participants. Links to virtual workshops are sent to registered participants via email on the morning the workshop is held.

Planned Spark of Brilliance cancellations are noted on the calendar grid. If we need to unexpectedly cancel a workshop, registered participants will be notified via email, as soon as possible.

Monday (Virtual)

**Illustrated Journaling**

May 6 from 1:30-3:30 p

**Drawing: Studying the Masters**

May 13 from 1:30-3:30 p

**Art for Self-Care**

May 27 from 1:30-3:30 p

Tuesday (Kitchener)

**Colour Theory Painting 2/2**

May 7 from 1:30-3:30 p

**Shape Interpretation**

May 14 from 1:30-3:30 p

**Surreal Mixed Media**

May 21 from 1:30-3:30 p

**Introduction to Artist Trading Cards**

May 28 from 1:30-3:30 p

Wednesday (Guelph)

**Nature Journaling Series (Workshops 4-5)**

May 8 & 15 from 1:30-3:30 p

**Needle-Felted Llamas**

May 22 & 29 from 1:30-3:30 p

Thursday

**Leap Write In**

May 9 from 1:30-3:30 p

**The Writing Life**

May 16 from 3:30-5:00 p

Friday

**No workshops on Friday**

**Spark of Brilliance Group Descriptions**



### **Colour Theory Painting**

During this two-part workshop we will use elements of colour theory including value; monochromatic, complimentary, and analogous colours to create an acrylic painting.

### **Drawing: Studying the Masters**

This monthly workshop will focus on a different master artist each month. We will learn some tidbits about the highlighted artist and then use a piece of their art as inspiration for a drawing. This month's artist is ALPHONSE MUCHA

### **Illustrated Journalling**

Our last workshop in this series of 28-months. We will be creating color-filled illustrated journal entries in this beginner-friendly creative workshop series. We'll be taking a mindful approach to working together through illustrated journal prompts to promote calm and pressure-free creativity. The supplies are basic; a blank journal or loose-leaf paper, markers and pens (or whatever coloring tool you have lying around), scrap paper, and time set aside each month to support our mental health and creative wells!

### **Introduction to Artist Trading Cards (ATCs)**

ATCs are small, trading-sized artworks (typically 2.5 x 3.5 inches) that are created to be exchanged among artists. Despite their small size, ATCs offer endless creative possibilities and provide a unique platform for self-expression. In this workshop, you'll learn everything you need to know to get started with ATCs, from selecting the right materials to exploring various techniques and styles. Whether you're a seasoned artist or a curious beginner, you'll find that ATCs offer a satisfying creative outlet that's both accessible and rewarding.

### **Leap Write In**

Inspired by "Leap Write In", by Karen Benke, this series invites your jittery mind into quiet slips of timed experiments that are designed to encourage your timid heart to forge forgotten feelings and entice your shy-self to make friends with emerging emotions. Explore all the wacky, confusing, brave, soul-stirring, wonderings and wanderings of your life's inner treasures through creative writing!

### **Nature Journal Series (5 Parts)**

Discover the therapeutic benefits of nature with Heidi, horticultural therapist from the Guelph Enabling Garden. Immerse yourself in a unique workshop series where you'll create a captivating nature journal using materials sourced directly from the natural world. Participants are asked to attend all five workshops in the series to complete their project and fully benefit from the experience.

### **Needle-Felted Llamas**

Take a break from the drama! Needle-felt a llama! Join us as we make a llama while we experience the relaxing art of needle felting. No experience necessary—only curiosity required. If you can, come prepared with a llama pun! NOTE: If you are allergic to wool, we will have alternative fibre to use.

### **Shape Interpretation**

Get ready for a playful and adventurous workshop where we'll dive into the realm of shape interpretation and celebrate our unique perspectives! Join us as we embark on a journey of creativity and collaboration, exploring the endless possibilities hidden within simple shapes. No experience necessary—just the courage to be curious!

### **Surreal Mixed Media**

Let's embark on a journey into the realm of surrealism with our upcoming mixed media collage workshop! Get ready to explore the unexpected and push the boundaries of traditional art as we create unique and whimsical pieces together. In this workshop, participants will have the opportunity to let their imaginations run wild as they combine randomly selected collage elements to craft surreal compositions. An eclectic assortment of "bits and bobs" will be provided to spark your creativity. However, don't hesitate to bring along any ephemera you have at home that you'd like to incorporate into your artwork – the more diverse, the better!

### **The Writing Life**

This workshop, facilitated by writer and editor Mary Katherine Carr, will explore creative intuition and writing as a healing practice and force for positive transformation in the self and in our community. We will experiment with various forms of writing, including fiction, creative non-fiction, poetry, and letters, taking inspiration from writers past and present, from all around the world. We will share our work with one another when we feel inspired and comfortable doing so and provide supportive feedback, exploring our natural curiosity and instincts. Writing can be a self-care practice, as well as a vehicle for social change - your words are powerful!

## **Self Help & Peer Support Drop In and Enrolled Group Descriptions (in alphabetical order)**

### **Abstinence Not Required Substance Use Support**

- An open discussion, harm reduction focused on substance use and addictions peer support group. We share how substance use affects our lives and how we may come together in mutual support and learning on our individual journeys towards improved wellness and quality of life. This group focuses on living well with or without changing our substance use and is facilitated by peers with lived experience. This group is an alternative to the 12-step model. For connection details, please email facilitator Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca).

### **Afro Caribbean Black Mental Health Support Group**

- Our Afro-Caribbean Black Mental Health Support Group is a space where we come together to acknowledge the unique tapestry of our shared experiences. Our souls, rich with melanin, understand the impact of cultural winds and societal storms on our mental well-being. In this safe and supportive community, we weave our stories into a vibrant quilt of resilience. We shared coping secrets like ancestral whispers carried on the breeze. Our goal is mutual upliftment, and we rise hand in hand. We honour our Afrocentricity and recognize that our roots run deep, connecting us together as we strive towards healing, guided by the rhythm of our hearts. To join group please email Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca)

### **Alienated Together**

- Have you ever, or are you currently experiencing familial alienation? If you are a parent dealing with alienation due to a co-parent situation, an alienated grandparent, or have been alienated from your family as a child, you may find validation and connection in this space where you can

come and discuss how this is impacting your life today. To join group please email:  
[dwatterson@cmhaww.ca](mailto:dwatterson@cmhaww.ca)

#### Alternate Realities

- Have you ever felt disconnected from reality? Have you experienced thoughts, sensations, or voices that aren't entirely your own? Have you ever been told that your perception of the world may be different from others and that you might be experiencing symptoms related to schizophrenia or psychosis? This group is designed to support individuals who have experienced or currently are experiencing alternate realities. These realities may be troubling or enlightening, they may take away from your day-to-day functioning, or you may be totally comfortable operating within them. In this group we want to discuss all aspects of the alternate realities that we experience and deconstruct the idea of what is "normal." This group is for people who identify as having experienced hallucinations (auditory/visual/tactical), delusions, paranoia, confused or disturbing thoughts and are open to discussing ways to engage in these alternative realities to support wellness. This peer support group is a brave space to discuss these experiences from any perspective that you resonate with, as there are multiple ways to understand experiences of alternate realities. Please join Katie as we walk this journey together. For more information, please email Katie at [kbillings@cmhaww.ca](mailto:kbillings@cmhaww.ca)

#### Anxiety, Depression & Hope Peer Support

- With a focus on coping, recovery, and fostering hope; a regular opportunity to talk about our walk with depression and anxiety, to hear peer stories, and as a result, to learn ways for living the life we want every day. 6 sessions per week
  - Cambridge In person - staff facilitator email Denise at [dwatterson@cmhaww.ca](mailto:dwatterson@cmhaww.ca)
  - Kitchener in person and Thursday virtual - staff facilitator email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)
  - Tuesday evening virtual group staff facilitator email Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca)
  - Guelph in person and Wednesday virtual - staff facilitator email Allison at [apurdy@cmhaww.ca](mailto:apurdy@cmhaww.ca)

#### Borderline Personality Disorder Peer Support

- Join us in supporting each other with compassion through common experience and sharing information, validation, and hope. You do not need a formal diagnosis to attend. Staff facilitator email Denise at [dwatterson@cmhaww.ca](mailto:dwatterson@cmhaww.ca)

#### Bipolar Disorder Peer Support Group

- Individuals who experience bipolar disorder are invited to participate in this group. Mood swings within bipolar can be mild, moderate, or severe and can be accompanied by changes in thinking and behaviour. This group provides a non-judgmental and comfortable environment where the above can be discussed and explored. Staff facilitator email Allison at [apurdy@cmhaww.ca](mailto:apurdy@cmhaww.ca)

#### Boundaries & Assertiveness Support Group

- In this group, we learn the importance of setting healthy boundaries and being assertive while maintaining our mental and emotional well-being. We understand that these skills can

sometimes be challenging, especially within various contexts. Here, you'll find peers who share your experiences. It's where we learn to express our needs and wants in a respectful and assertive manner, while supporting each other towards improving boundary-setting and assertiveness. Staff facilitator email Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca)

#### Buried in Treasures Peer Support

- Our peer support group provides a supportive environment for individuals struggling with urges to collect, save, and organize belongings. We aim to decrease stigma "hoarding" by fostering understanding and empathy. Participants come together to share experiences, offer support, and create a safe space for healing. For connection details, please email facilitator Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca)

#### Cambridge Creative Connections

- A creative group where you can bring your craft projects from home, share a cup of coffee, and chat with the participants. There will be colouring sheets and markers available for those who would like to attend, but don't have a craft started at home. There will be discussion about how the group will evolve and change to the needs of those who attend. Staff facilitator email Denise at [d watterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)
- On May 15<sup>th</sup> we will be doing a workshop: "Create a Journal Cover." All supplies will be provided including the journal. This will be a registered workshop with 8 participants who will be accepted on a first come first served basis. To register contact Denise at [d watterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)

#### Cambridge Intentional Living: Holistic Wellness for Mental Health

- Originally two separate groups: Unrushed and Living Intentionally brought together to form Intentional Living: Holistic Wellness for Mental Health. Living intentionally helps us get clarity, spend our time on only the things that feel good to us, and create the path to becoming our best self. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

#### Cambridge Meditation

- Join peers in-person to explore different meditation styles. We will use books, audio, statements and more to meditate weekly. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

#### Cambridge Mind Over Mood

- Participants work through and discuss the book, Mind Over Mood, by Dennis Greenberger and Christine A. Padesky, a classic based on Cognitive Behaviour Therapy (CBT). Explore how CBT can be helpful in addressing the challenges of depression, anxiety, anger, and shame. Summaries of each chapter will be provided by e-mail. A digital copy of the workbook is provided by email. Although it is not necessary, participants may wish to purchase their own hard copy of the book (we use the 2nd Edition) through their local or online bookseller. Cambridge in-person Staff email: Denise at [d watterson@cmhaww.ca](mailto:d watterson@cmhaww.ca). Virtual session Staff email: Allison at [apurdy@cmhaww.ca](mailto:apurdy@cmhaww.ca)

#### Cambridge Walking Group

- Join us outside our Cambridge office for Walk & Talk if you are bored of virtual groups! We will walk along the Speed River trail and connect with one another during conversation or if you wish to just walk and not talk, that is ok too! Weather permitting. \*If it is raining, it will be cancelled. Staff facilitator email Denise at [dwatterson@cmhaww.ca](mailto:dwatterson@cmhaww.ca).

#### Cambridge Stay and Play

- Life can be stressful. Let's remember the importance of stepping away from our focus and having fun. Join peers in a drop-in style group and play board games or have a chat with fellow individuals on this journey. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

#### Chronic Pain & Mental Peer Support

- Chronic pain takes as much of a toll on our minds as it does on our bodies. Join us as we support each other, exploring and finding new ways of coping and even thriving with our pain. Staff facilitator email Allison at [apurdy@cmhaww.ca](mailto:apurdy@cmhaww.ca)

#### The Connection Reflexion

- Are you struggling with being dissatisfied with your connections in your life? Are you wondering why you have challenges with intimacy, jealousy, and distrust? Do you worry about rejection and abandonment? Join us to take a closer look at why we develop these and other patterns and arm ourselves with effective tools and strategies that will prepare us to explore the possibility of change. Let's explore an active approach to building close, healthy, and long-lasting connections. Staff facilitator email Denise [dwatterson@cmhaww.ca](mailto:dwatterson@cmhaww.ca)

#### Coping with a Missing Person

- This group is for families and friends who have a missing person and those who have found their missing but wish to continue to support each other. Know that it's the situation that is abnormal, not you. You will learn about living with uncertainty (Ambiguous Loss, Pauline Boss) and how to deal with triggers, roadblocks and changing needs. Self care is an important aspect. There can be special events to remember our missing, based on group wishes. Through sharing our experiences, we can learn from each other in a safe space and feel connected instead of isolated. For connection details, please email volunteer facilitator Maureen at [missingpersons@rogers.com](mailto:missingpersons@rogers.com)

#### DBT Skills Peer Support

- Join us in learning how Dialectical Behaviour Therapy (DBT) skills, as presented in Dr. Marsha M. Linehan's work, can transform emotional experiences, and decrease our suffering using mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Summaries of the ideas are provided by email. Regular attendance for about 18 months is required for each series. Staff facilitator email Allison at [apurdy@cmhaww.ca](mailto:apurdy@cmhaww.ca).

#### DBT Skills Peer Support Skills Refresher

- This is a biweekly opportunity to refresh your DBT skills. Having attended a full series of DBT Peer Support with Self Help & Peer Support is required. Staff facilitator email Allison at [apurdy@cmhaww.ca](mailto:apurdy@cmhaww.ca).

### Dissecting BPD

- BPD does not have to define you. A virtual group for those who are interested in learning about Borderline Personality Disorder from a peer perspective. Let's discuss skills to manage feelings of abandonment and emptiness, interpersonal relationships, unstable or negative self-image, and experiences of dissociation. We will look at different evidence-based approaches to gain a greater understanding of BPD, uncover emotional charges, and discover what motivates you towards change. You do not need a formal diagnosis to attend. Staff facilitator email Denise at [dwatterson@cmahww.ca](mailto:dwatterson@cmahww.ca)

### Gender Journeys

- A virtual peer support led group where participants will talk on topics such as coming out to families, the transition process, ID change, all the way through to mental health issues that come up with transitioning. This group is open to all those who identify as trans and non-binary. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca).

### Guelph Qi Gong (New Name)

- Wear comfortable clothing and join us as we explore gentle movement to improve physical, mental, emotional, and spiritual wellbeing. Qigong is a branch of Traditional Chinese Medicine that sees the mind and body as interconnected - moving the body can improve all aspects of our health. All movements can be done standing or modified sitting in a chair and do not need any equipment.

### Guelph Walk & Talk

- Join us at Royal City Park (at the gazebo) for Walk & Talk if you are bored of virtual groups! We will walk along the Speed River trail and connect with one another during conversation or if you wish to just walk and not talk, that is ok too! Weather permitting. \*If it is raining, it will be cancelled. Staff facilitator email Tonya at [tevans@cmhaww.ca](mailto:tevans@cmhaww.ca).

### Healing Journey Through Grief & Loss

- The Healing Journey Through Grief & Loss is a supportive peer group created for individuals navigating various forms of loss. Whether you've experienced the loss of a loved one, a job, a relationship, a pet, your home, or your health, this group offers a safe and empathetic space. Here, you can openly share your emotions, connect with others who truly understand, and find comfort during your grief journey and share coping strategies. Staff facilitator email Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca).

### I'm the Angry One

- Welcome to "I'm the Angry One", a compassionate peer group where we embrace and understand anger together. We're here to explore anger, an emotion we all experience but can sometimes overwhelm us. Mismanaged anger can cause stress and harm relationships. In this group, you'll find peers who share your experiences. A safe space where we uncover what fuels our anger. Share personal stories and coping methods learn to express and manage anger in

healthier ways and support each other on our journey towards improved anger management. Staff facilitator email Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca).

#### Kitchener Bowling Group

- This group meets every Thursday at Victoria Bowl (280 Victoria St. S, Kitchener). Cost – 2 games - \$10 including shoe rental. Join us for fun, social time, & exercise. No registration required. Everyone welcome! Staff facilitator email Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca)

#### Kitchener Destressifying

- We all experience stress. It is the human condition. We can learn how to transform it by understanding how stress impacts our body, thoughts, feelings, behaviors and ultimately our relationships. Staff facilitator email Richard at [rbelcher@cmhaww.ca](mailto:rbelcher@cmhaww.ca).

#### Kitchener Experiencing Disability

- This is a group for people who identify as living with a permanent condition which in some way causes them to experience significant limitations to their physical, sensory, cognitive, or mental functioning. A disability may be visible or nonvisible and questions about participants disabilities will not be asked. In this group people are able to self identify and share as much or as little about their personal experience of living with a disability as they like. Some themes that will be explored in this open conversation peer support group might include: Experiencing stigma and discrimination, barriers to education and employment, ableism, change in self-identity, effects of disability on mental health, relying on others for assistance and support and other related topics. We'll also discuss adapting to challenges and moments of success and hope. Staff Facilitator email Richard at [rbelcher@cmhaww.ca](mailto:rbelcher@cmhaww.ca). - NEW HYBRID GROUP

#### Kitchener Games Group

- Come to our Kitchener office and enjoy this social time playing games with others. This group is held in the Rear Recovery room on the main level. Staff facilitator email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)

#### Kitchener Knitting and Crochet Group

- This is a group for new and experienced knitters and crocheters. Participants will meet weekly to enjoy learning new stitches and social time. If you don't have knitting needles or crochet hooks, no worries, materials can be provided. Staff facilitator email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca). – NEW IN-PERSON GROUP

#### Kitchener Open-Share

- Participants have an informal discussion about their mental health and wellbeing. Staff facilitator email Nancy [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca).

#### Kitchener Walking Group

- Join us at Speaker's Corner outside our Kitchener office for Walk & Talk if you are bored of virtual groups! We will walk along the Speed River trail and connect with one another during conversation or if you wish to just walk and not talk, that is ok too! Weather permitting. \*If it is

raining, it will be cancelled. Facilitated by Rob & John and Staff facilitator email Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca).

#### Mental Health & Wellness Skills

- This group emphasizes practical skills and strategies for maintaining our recovery journey and enhancing our Wellness. The group is a collection of the skills learned in other groups and provides opportunities to put those skills into practice. The group's content is led by the members of the group. Staff facilitator email Colene at [callen@cmhaww.ca](mailto:callen@cmhaww.ca).

#### Mind Over Mood Peer Support

- Participants work through and discuss the book, Mind Over Mood, by Dennis Greenberger and Christine A. Padesky, a classic based on Cognitive Behaviour Therapy (CBT). Explore how CBT can be helpful in addressing the challenges of depression, anxiety, anger, and shame. Summaries of each chapter will be provided by e-mail. A digital copy of the workbook is provided by email. Although it is not necessary, participants may wish to purchase their own hard copy of the book (we use the 2nd Edition) through their local or online bookseller.

#### Neurodivergent Peer Support Group

- The definition of Neurodivergent is, differing in mental or neurological function from what is considered typical or normal including mental, social, and emotional. Do you struggle to find others who can fully understand the challenges of having both neurodiversity and mental health challenges together? I invite you to join us where we share skills, strategies, support, and experiences that aim to shift stigma, stereotypes and focus on the gifts and needs we have as a collective. This is a safe place to discuss the challenges of neurodiversity and mental health. Staff facilitator email Katie at [kbillings@cmhaww.ca](mailto:kbillings@cmhaww.ca).

#### Peers for Safer Living

- If you have previously attended the Skills for Safer Living group you are invited to join this 10-session refresher and peer support group where we will continue to practice our skills and strategies to make safer choices and deepen our understandings of suicide related thoughts and behaviors. Meets virtually. \*Must have attended a SFSL group previously. Email [skillsforsaferlivingteam@cmhaww.ca](mailto:skillsforsaferlivingteam@cmhaww.ca) or call 1-844-264-2993 x 4063 to join or for more information.

#### NEW PARTNERSHIP: Perinatal Mental Health Peer Support Circle (from Together: For Perinatal Mental Health)

- A virtual space for expectant and new parents to connect with others who are going through similar experiences. Come for emotional support, reduce isolation, and create a sense of community with others on their parenting journey. It's a drop-in program so feel free to join when you are able! For connection details, email Lisette at [info@togetherwaterloo.ca](mailto:info@togetherwaterloo.ca).

#### Riding the Waves of Emotion – PART 2



- We will be continuing the adventure of exploring emotions. For anyone who has ever participated in Riding the Waves of Emotion (Part 1) you are welcomed to sign up for this Part 2 six-week virtual group. Staff facilitator email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca).

#### Recovery & Wellness NEW GROUP

- The power of peer-to-peer support in mental health and substance use recovery is incredible. Our new virtual group Recovery & Wellness offers positive reinforcement and consistency for those living within recovery through engaging discussions and activities.
- Virtual – staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca).

#### Self-Compassion

- This workbook-based group (The Mindful Self Compassion Workbook, by Kristen Neff and Christopher Germer) gives opportunities for activities and discussions on how to be kinder to ourselves. A digital copy of the workbook is provided by email.
  - Virtual - staff facilitator email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca).
  - Guelph in person - staff facilitator email Allison at [apurdy@cmhaww.ca](mailto:apurdy@cmhaww.ca)

#### Self-Esteem

- Conversations about the way we view ourselves and how our self-esteem has been shaped. Group members are encouraged to share challenges and brainstorm ways to raise self esteem. Please join us in learning more about self-esteem and its overall effect on our mental and physical well-being. Staff facilitator email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca).

#### Supporting the Supporter

- A weekly peer support group for friends and family that are supporting individuals who live with mental health and/or addiction. Peer-led discussions about mental health, addictions and how best to be supportive while considering personal boundaries, community resources and self-care. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca).

#### The URGE

- A peer support group for individuals who have made a change in their substance use and are looking for support on how to maintain these changes. Topics include understanding the stages of change, Cravings, language and its impacts, boredom, isolation, and many more. As with all our other substance use groups, this group will be from the lens of harm reduction. Staff facilitator email Denise [dwatterson@cmhaww.ca](mailto:d watterson@cmhaww.ca).